

March 17, 2010

Testimony of Mark McCarthy, ATC, LAT

RE: RSB 456 "An Act Concerning Student Athletes and Concussions"

Good afternoon Senators Gaffey and Representative Fleischman and members of the Education Committee. My name is Mark McCarthy, I am a licensed athletic trainer and the Director of the Connecticut Children's Medical Center's Concussion Program. I am also the Chairman of the Connecticut Concussion Task Force. I as well as members of the Task Force support this bill.

- The average time it takes an adolescent to recover from concussion is somewhere between 2-4 weeks.
- Only 40% of adolescents will recover from a concussion in 2 weeks with 80% recovering within four weeks.
- A second blow to the head while someone is still suffering from the symptoms of concussion can increase the time it takes to recover from this injury, therefore it is paramount that the athlete is be treated appropriately.
- Recognition of signs and symptoms is most important when treating the injury and educating coaches is very important. Coaches are the first line because they can recognize the injury and send them for appropriate treatment.
- Treatment is very important and it should be done by the appropriate medical providers to insure a safe return to play following concussion.

Thank you very much for your time.

Sincerely,

Mark McCarthy, ATC LAT